



In cooperation with
OSU Extension Knox County

Presents

Harvest Day

A look at Knox County Apple Season

With

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And

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THE OHIO STATE
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**COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES**

Recipes provided by Senior Certified Executive Chef, Paul Higgins through OSU Extension Knox County *Get Fresh with Chef Paul* farm to table initiative. Chef Higgins is member of the American Culinary Federation, and former member of the National Research Chefs Association.

In 2011 Mr. Higgins received a lifetime Fellowship in The Honorable Order of the Golden Toque.

Mr. Higgins is the producer and creator of [A Journey in Taste](#) and [Senior-dining.com](#), and is an Affiliated Scholar at Kenyon College Rural Life Center, Local Food and Aging project, rurallife.kenyon.edu. For information please email to: higginspl@kenyon.edu

Mr. Higgins works with local community organizations and educators throughout Knox County and Ohio to share his knowledge, experience and expertise to promote the use of fresh, local foods.

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APPLE COMPOTE

Apple compote is a cooked rich, thick syrup. The apples are cooked on low heat to warm, break down and soften slightly; the result can be served warm or chilled at breakfast over pancakes, for desserts over ice cream or by itself with whip cream. Compote may also be used to accompany roast pork, and turkey entrees.

Ingredients:

2 medium apples, diced, (peeled or unpeeled)
1/4 cup sugar *
1/2 cup- 1 cup water
1 tsp cinnamon
1 tsp cornstarch
1/2tsp lemon juice
Pinch of salt

* Knox County, Maple Syrup, may be substituted to darken compote and introduce a deeper, richer flavor

Directions:

Place Apples in a saucepan
Add all other ingredients, stirring over medium heat until the mixture comes to a boil.
Lower heat and simmer until mixture thickens and apples are soft. Adjust thickens if needed adding water.

** To use maple syrup in place of sugar in cooking, use 3/4 cup for every 1 cup of sugar. In baking, use 3/4 cup, but decrease the total amount of liquid in the recipe by about 3 tablespoons for each cup of syrup you use.

APPLE SLAW

Ingredients:

¼ cup cider vinegar
1 cup mayonnaise
1/3 cup honey
1 tsp tarragon vinegar (optional)
Salt and pepper
2 apples thinly sliced into matchsticks
2 cups sliced red cabbage
4 slices bacon cooked and crumbled
2 large carrots, peeled and sliced into matchsticks

Directions:

Prepare dressing,

In a medium bowl combine first 4 ingredients until well blended.
Set aside.

In a large bowl combine cabbage, carrots, apples, bacon. Toss with dressing and refrigerate for 30 min.

OVEN ROASTED APPLES

Ingredients:

4 Lg. Ohio apples halved, cored, with skin on
2/3 cups Knox County Maple Syrup
6 tbsp apple juice
4 tbsp unsalted butter
4 tbsp Ohio Black Walnuts, chopped

Directions:

Pre heat oven to 400 degrees
Coat baking dish with non-stick spray

Combine maple syrup, apple juice and butter in small pan, bring to a simmer stirring. Remove from heat.

Place apple halves in baking dish cut side up
Pour maple syrup mixture over apples, cover with foil and bake for 20min.
Baste with dish juices, sprinkle with walnuts and return to the oven uncovered until apples are glazed and tender 10-15 min.

Remove from oven and let cool slightly
Serve with ice cream, or frozen yogurt.
Drizzle juices over top

APPLES on the GRILL

Ingredients:

Knox County firm apples
Lemon juice
Water
Spice mixture*
1/2 stick butter, melted

Directions:

Core and seed, leaving the skin
Cut apples lengthwise to grill halves,
Cut crosswise for apple rings.
Soak the apple pieces in a water and lemon juice mixture for a few minutes before grilling. This keeps the apple moist and enhances the juices.

*Create a spice mixture using flavors that enhance the apple: cinnamon, nutmeg, cloves, brown or white sugar.
Put the mixture in a bowl and place in next to the grill.

Coat the apple with melted butter before placing it on the grill. This keeps the apple from sticking to the grill and lets the spices stick to the apple.

Place the apple on the grill over medium heat and grill for 6-8 minutes on each side, basting with extra butter as needed. Once you remove the apples, quickly sprinkle the spice mixture on top and serve.

OHIO'S FAVORITE APPLES AND THEIR USES

OHIO APPLE MARKETING PROGRAM
 P.O. Box 182383 • Columbus, Ohio 43218 • www.ohioapples.org

VARIETY/AVAILABILITY	FLAVOR & TEXTURE	EATING	SALADS	SAUCE	PIES	BAKING	FREEZING	NATURAL CHARACTERISTICS
GINGER GOLD Aug.- Sept.	TART-CRISP	EXCELLENT	EXCELLENT	FAIR	FAIR	NOT RECOMMENDED	NOT RECOMMENDED	Greenish-yellow apple with smooth finish.
GALA Sept.- June	SWEET-FIRM	EXCELLENT	EXCELLENT	NOT RECOMMENDED	EXCELLENT	EXCELLENT	SLICES	Similar to Golden Delicious in flavor with 50% and more red color with yellow background color.
McINTOSH Sept.- March	SPICY-TENDER	EXCELLENT	EXCELLENT	GOOD	GOOD	GOOD	SAUCE	40% red color, white flesh, flat shaped apple.
HONEYCRISP Sept.- Oct.	CRISP-SWEET	EXCELLENT	EXCELLENT	FAIR	EXCELLENT	NOT RECOMMENDED	SLICES	Light red color over yellow background color.
CORTLAND Sept.- Nov.	SPICY-TENDER	GOOD	EXCELLENT	EXCELLENT	EXCELLENT	EXCELLENT	NOT RECOMMENDED	Red, flat shaped apple with white flesh, which remains white when sliced.
JONATHON Sept.- June	TART-SPICY	EXCELLENT	EXCELLENT	GOOD	EXCELLENT	EXCELLENT	SLICES	80% and more red color on light green background, may have slight russeting around the stem.
JONAGOLD Oct.- Jan.	SWEET-TANGY	EXCELLENT	EXCELLENT	GOOD	EXCELLENT	EXCELLENT	NOT RECOMMENDED	Light red color over yellow background color.
EMPIRE Oct.- June	CRISP-SWEET/TART	EXCELLENT	EXCELLENT	GOOD	GOOD	GOOD	SAUCE	Similar to McIntosh but firmer with more red color on green background.
RED DELICIOUS Sept.- June	SWEET-RICH	EXCELLENT	EXCELLENT	NOT RECOMMENDED	FAIR	GOOD	NOT RECOMMENDED	90% and more red color with a slightly elongated appearance. A very sweet Ohio apple.
GOLDEN DELICIOUS Sept.- June	RICH-SEMI-FIRM	EXCELLENT	EXCELLENT	GOOD	GOOD	EXCELLENT	SLICES & SAUCE	Pale green to light yellow apple with slight russeting or freckles.
MELROSE Oct.- April	CRISP-MILD	EXCELLENT	EXCELLENT	EXCELLENT	EXCELLENT	GOOD	SLICES & SAUCE	50% red color on rough skinned green to yellow background color.
SUNCRISP Oct.- Jan.	CRISP-SWEET	EXCELLENT	EXCELLENT	NOT RECOMMENDED	NOT RECOMMENDED	NOT RECOMMENDED	NOT RECOMMENDED	Light red color over yellow background color.
IDARED Oct.- May	MILDLY TART-FIRM	EXCELLENT	EXCELLENT	GOOD	EXCELLENT	EXCELLENT	EXCELLENT	Red colored apple.
LAW ROME Oct.- June	MILD-FIRM	GOOD	FAIR	GOOD	EXCELLENT	EXCELLENT	SLICES	90% and more red color-slight specking on skin. May show slight pink flesh. Excellent storage apple.
WINESAP Oct.- July	SPICY-FIRM	GOOD	EXCELLENT	GOOD	GOOD	EXCELLENT	SLICES & SAUCE	70% red color on rough skin surface. An excellent storage apple.
FUJI Nov.- June	SWEET-HARD	EXCELLENT	EXCELLENT	NOT RECOMMENDED	EXCELLENT	EXCELLENT	SLICES	Light green to burnt orange appearance. Juicy apple which stores well.
GOLDRUSH Nov.- May	TART-FIRM	EXCELLENT	GOOD	EXCELLENT	EXCELLENT	EXCELLENT	SLICES & SAUCE	Yellow apple with rough finish.
GRANNY SMITH Oct.- June	TART-HARD	FAIR	EXCELLENT	FAIR	EXCELLENT	EXCELLENT	SLICES	Pale green tart sweet apple with a red blushed cheek.

Handling and Storage Tips: • Handle apples gently to prevent bruising. • Store apples in a ventilated plastic bag sprinkled with water to prevent absorbing other food flavors or dehydrating. • Coat apple slices and dices in a mixture of 1 part lemon juice to 3 parts water to prevent browning.

• Store apples in the refrigerator. They'll last up to 10 times longer than if left at room temperature.



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Local food and aging